



HARRISONBURG
parks and recreation

**All proceeds will benefit
The Shenandoah Valley High
Rollers Wheelchair
Basketball Team**

Shamrock 5K Trail Run

March
15th

Basic Information:

-The top three in each age division receive a race medal.

(-17, 18-29, 30-39, 40-49, 50-59, 60+)

-Refreshments provided before and after the event.

-T-shirts will be provided to the first 70 pre-registered.

There will be a very limited supply available for walk-up registrations—sizes are not guaranteed. (T-shirts will not be ordered after March 5th).

-Race Packet pick-up will be available the Friday prior to the race.

-\$20 race registration fee. No Refunds.

Race Day Times:

8:00 a.m. —Race Day Reg. Begins

9:00 a.m. —Registration Closes

9:30 a.m. —5K Trail Run Begins

Mail-in or Drop-off Registration:

305 South Dogwood Drive, Harrisonburg, VA, 22801.

Attn: Erik Dart

Please make checks payable to Shen. Valley High Rollers

Online Registration:

www.runwalkjog.com/shamrocktrailrun.

Due to trail size, no strollers or dogs will be permitted for race participants.

Directions: From I-81, take exit 245

(Port Republic Rd.). Go West onto Port Republic Road, (toward JMU). Continue straight on Port Republic Road, cross over Rt. 11, (S. Main Street). When you cross Rt. 11, Port Republic Road becomes Maryland Avenue. Continue straight on Maryland Avenue until you come to a stoplight at Rt. 42. Take a left onto Rt. 42, continue through your next stoplight and you should start seeing signs for Hillandale Park. Take a right onto Hillandale Drive and continue until you enter Hillandale Park. If you make it to a Food Lion, you have gone too far.

Name (Please Print)

Address

Age Gender T-Shirt Size (Adult Sizes)

Email

Address (con't)

Phone #

Signature for Waiver: I hereby release the City of Harrisonburg, its employees, and volunteers from all claims for damages arising from any accidents or injury, which are caused by or arise from the participation of the above name applicant during any program or in any facility or at any location where this program is held. I grant permission to use my photo in promotional material to promote the Shamrock 5K Trail Run.